

## **I'M SAFE Checklist**

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### **I'M SAFE CHECKLIST**

Illness – Do I have any symptoms?

Medication – Have I been taking any?

Stress – Am I under too much stress?

Alcohol – Have I been drinking in the last 12 hours?

Fatigue – Am I too tired?

Emotion/Eating – Am I in the right emotional state? Am I adequately nourished?

All members should use this checklist to determine if they are fit for duty before participating in any CAP activity, exercise, or mission!